

Integrating Mental Health Support into the existing service provision in Refugee and IDP's Camps.

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Motivation

Mental Health is highly under-recognized in emergency settings however the financial and societal implications, in regard to their chronic course are huge.

Health is a Human Right. Every Life Matters

Societal Impact

Existing mental health issues, alcohol and tobacco use are aggravated when people live in refugee camps.

Integration of mental health assessment into the routine primary health care service provision in Refugee Camps has long-term positive effects on the socio-economic impact of these social behaviours in society.

Problem

Refugees arrive in a camp either

...suffering from a mental health condition before the emergency outbreak

... Suffering from PTSD due to a traumatizing experience in the war zone, during their journey

... Prone to develop a mental health condition due to lack of perspective and a protracted situation living in a refugee camp.

Challenges

Get buy-in from the government

Use a multi-stakeholder and coordinated service delivery approach to avoid loss of resources and doubling of efforts from NGOs and other supporting stakeholders.

Ensure sustainability and long-term support for reintegration into society

Solution

Establishment of a Mental Health Assessment Tool

... through a STANDARDIZED CHECKLIST

to differentiate people who need immediate mental health support from people who would need long term care provision

Regular Reassessment of patients to identify need of regrouping

Integration into the existing HIV counseling and other existing services.

Mental Health

Preventive care

- Capacity building and empowerment via regular trainings
- Skill acquisition labs
- Sport and entertainment activities
- Continued Education

Immediate Care

- Peer to peer counselling (community bench)
- Expert Care provision
- Electronic medical file via QR-Codes
- Make use of existing skills and health workforce in the camps
- Adjusted support for children and adolescents.
- Community bench App (under construction) an App connecting psychologists and mental health patients for a quick support when they want to discuss something with professionals, it has also a chatbot where you can ask any question or book a free appointment with a mental health professional.